

Patient information

Easy read Low Potassium Diet

Therapies – Department of Nutrition and Dietetics

Potassium

Potassium is a mineral found in lots of the foods we eat. Potassium is important for the body to keep your nerves and muscles working properly like your heart however too much potassium can be bad for you.

Healthy kidneys make sure you don't have too much potassium in the blood and get rid of any extra potassium. When your kidneys are not working properly they cannot remove the extra potassium in your body and your blood levels might be high. This can be dangerous for you and bad for your heart

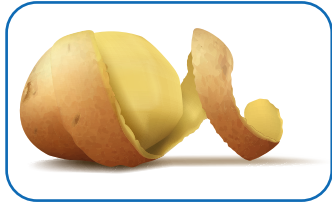
What you need to do

Changing some of foods and drinks that you have will help to lower the potassium level in your blood.

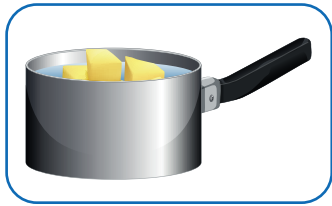
Cooking tips

Potatoes and vegetables are high in potassium.

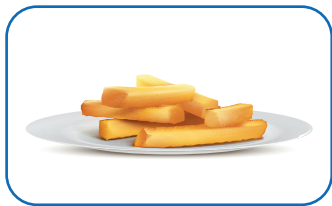
What you need to do



1. **Peel potatoes and vegetables**
(if they need to be peeled)



2. **Cut into small pieces and boil in a pan of water**



3. **Potatoes and sweet potatoes need to be boiled for 10 minutes before making chips, roast potatoes or wedges**



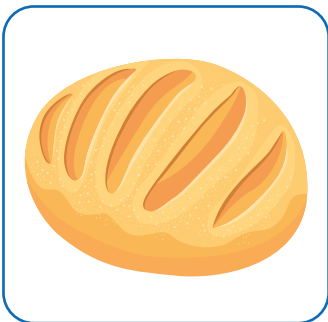
Foods you can have these are lower in potassium

Cereals



- Cornflakes
- Rice crispies
- Weetabix
- Porridge
- Sugar puffs

Bread



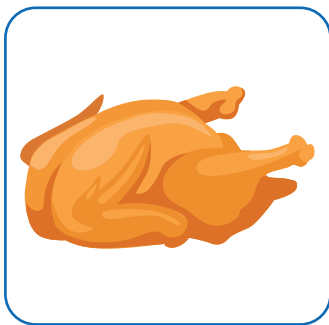
- White
- Brown
- Wholemeal or granary
- Pitta
- French stick

Dairy products



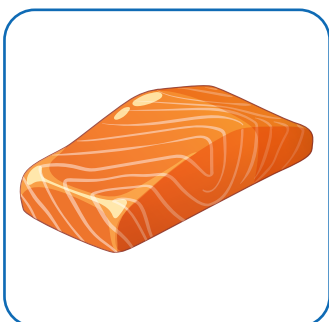
- Milk within allowance (half pint per day) this can be cow's, soya, almond or oat
- Cheese
- Yogurt

Meat



- Beef
- Chicken
- Lamb

Fish



- Cod
- Haddock
- Salmon

Nuts, pulses and meat substitutes



- Quorn
- Tofu

Sugars, preserves and confectionary



- Jam
- Boiled sweets
- Jelly sweets

Cakes, biscuits and snacks



- Plain sponge
- Popcorn
- Plain biscuits

Drinks



- Tea
- Coffee (one per day)
- Cordial
- Fizzy drinks

Alcoholic drinks



- White wine
- Rose wine
- Fizzy wine
- Spirits

Miscellaneous



- Garlic
- Herbs
- Vinegar
- Pepper
- Tomato ketchup (one teaspoon)
- Mayonnaise
- Salad cream



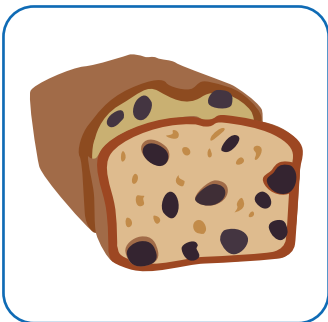
Foods you CAN NOT have these are higher in potassium

Cereals



- All bran
- Branflakes
- Muesli
- Cereals containing nuts, chocolate or dried fruit

Bread



- Bread that has nuts or dried fruit

Dairy products



- Evaporated, condensed milk and dried milk powder.
- Coconut milk.

Meat and fish



- Ready meals containing potato

Nuts, pulses and meat substitutes



- Nuts
- Pulses
- Meat substitutes
- Baked beans
- Peanut butter

Sugars, preserves and confectionary



- Chocolate
- Toffee
- Chocolate spread

Cakes, biscuits and snacks



- Chocolate sponge
- Fruit or nut cakes
- Crisps

Drinks



- Chocolate drinks
- Fresh fruit juice

Alcoholic drinks



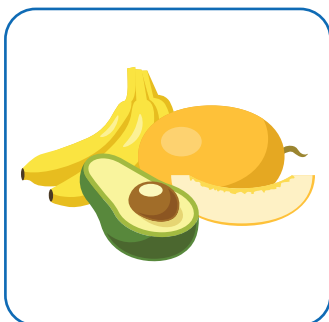
- Red wine
- Cider
- Lager

Miscellaneous



- Salt substitutes
- Savoury Spread
- Stock cubes

Fruit and vegetable



- Banana
- Melon
- Blackcurrants
- Dried fruit
- Avocado

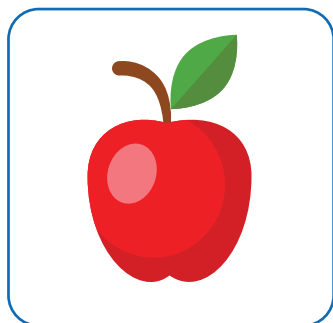
Fruit and vegetables

This section provides all the information you need to know about the fruit and vegetables you can have.

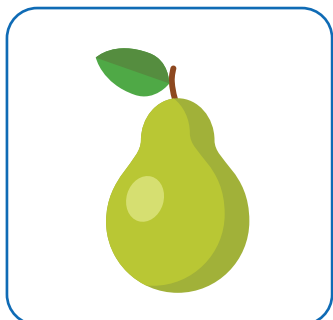
Fruit Portions

All fruit can be raw unless it says to cook. Tinned fruit needs to be drained of juice. You should try to have two portions of fruit a day.

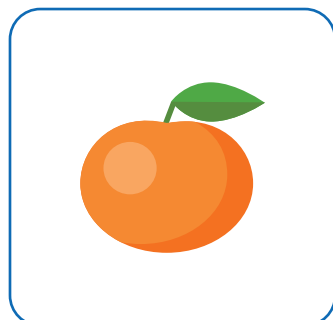
One portion of fruit is:



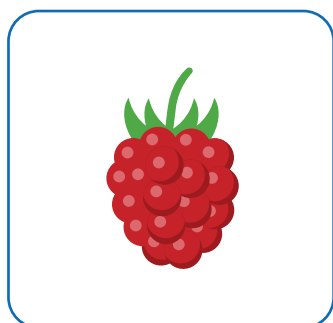
- 1 apple



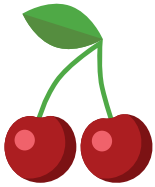
- 1 pear



- 2 clementines/tangerines



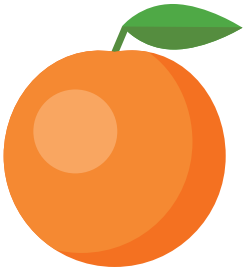
- 20 raspberries



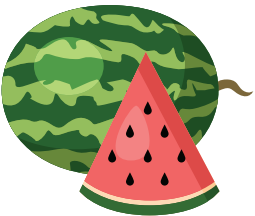
- 20 cherries



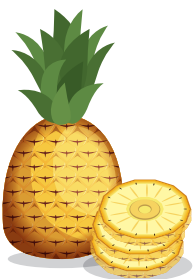
- 8 strawberries



- 1 small orange



- 1 slice watermelon



- 5 tinned pineapple rings

Vegetable Portions

All vegetables need to be boiled unless otherwise stated. You should try to have two portions of vegetables a day.

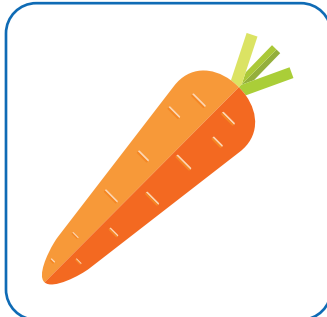
One portion of vegetable is:



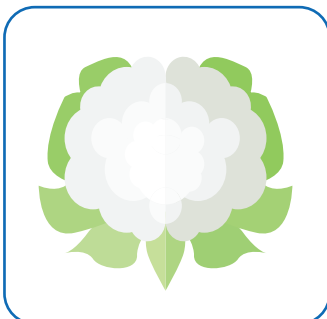
- 3 tablespoons of mixed vegetables



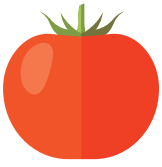
- 2 florets of broccoli



- 3 tablespoons of carrot



- 7 florets of cauliflower



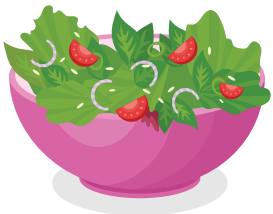
- 4 cherry tomatoes **or**
- 1 small tomato



- 3 tablespoons of sweetcorn



- 2 tablespoons of garden peas



- Salad (iceburg lettuce, 2 cherry tomatoes, 3 slices of cucumber and 1 slice of onion)



- 8 small raw mushrooms



Please note: People with kidney problems should avoid Star Fruit.

Some people might have other health conditions such as diabetes. Some of the foods in this sheet have a high sugar content and are not good for people with diabetes. Please speak to your Dietitian about this

Discussion points:

You can use this page if you make any changes with your dietitian

Extra support and resources

To support you with your diet, you can get lots of other information. Your dietitian can help with these.

- Eating out with CKD
- Dietary myths
- “K” word cookbook
- Build yourself up
- Festive foods

PatientView – www.patientview.org

PatientView shows your latest test results, letters and medicines, plus info about diagnosis and treatment. Set up alerts, monitor symptoms and download your records. You can view PatientView from anywhere you want and share your information with anyone you want. You can ask any Renal Healthcare Professional in clinic to help you sign up for this service.

CaMKIN – www.kinet.site

CaMKIN (Cheshire and Merseyside Kidney Information Network) is an online community run by renal patients for renal patients, their families and carers. It provides information, blogs, recipes and opportunities for social events, with the main aims of reducing isolation and increasing support to you as a person with kidney disease. A closed Facebook group is also available, search CaMKIN.

National Kidney Federation – www.kidney.org.uk

Think Kidneys – www.thinkkidneys.nhs.uk

Kidney Care – www.kidneycareuk.org

Your Feedback

Your feedback is important to us and helps us to make changes to your care in the future.

Following your appointment you will receive a text message asking if you would recommend our service to others. Please text back, This will not cost you anything.

Further Information

Renal Dietitians

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Text phone number: 18001 0151 706 3005

renaldietitians@rlbuht.nhs.uk

Please include your dietitians name in subject box of email

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